



Community Services

HYDE SHUTTLE: Need to go shopping? Get a haircut? Visit a friend? The Hyde Shuttle is a FREE van service for seniors and people with disabilities living in Tukwila. You can ride anywhere within the service area set up by Senior Services. Shuttle Hours are Monday-Friday from 9:00am-4:00pm. Call 206-727-6262 to schedule a ride.

Meal Services

DUWAMISH CURVE CAFE
11:30-12:30

Healthy lunches available for curbside pick-up or join us **in person each Tuesday**. Please call one week in advance to reserve: 206-768-2822 and press 0.
 \$3 donation suggested for those 60+, \$6 donation for those 59 and under is required.

TUKWILA HUMAN SERVICES:

The Office of Human Services helps connect Tukwila residents with a broad range of programs to meet a variety of social service needs.
 Phone: 206-433-7181 or 206-433-7180

MEALS ON WHEELS

Are you or someone you know homebound or having difficulty getting meals? We are part of “Meals on Wheels” network and deliver meals each week to those that are homebound. Orders are taken on Mondays and delivered Thursdays. Call 206-448-5767 for information or visit www.seniorservices.org/foodassistance/mealsonwheels

Self-Care

HEALTHY FEET

Nurse Mary-Lou Payne accepts appointments the third Thursday of each month between 8am-1pm. Reserve an appointment by calling 206-768-2822. Please bring a towel .The fee is \$25 by cash or check, paid directly to Mary-Lou.

VOLUNTEER OPPORTUNITY

The Tukwila Police Department is seeking members of the Tukwila community who are interested in volunteering with the police department hiring process as members of an interview panel for selection of Police Department staff. The goal of law enforcement recruitment and hiring is not just to hire enough staff to fill vacancies, but to hire individuals that share our values and sense of service. Selecting the right individuals to join our law enforcement team and Tukwila Community is critical in meeting the public safety needs of our community.

You must complete the Tukwila Police Department Hiring Process Application and meet the below selection criteria:

- 1.City of Tukwila community member
- 2.Must not have any felony convictions (language for current disqualifiers)
- 3.Submit to a criminal records check

Applications are available at the Tukwila Community Center or call Niesha Fort-Brook 206.406.6692

TUKWILA SENIOR SCOOP

A PUBLICATION OF TUKWILA PARKS AND RECREATION



Staying Safe-Staying Connected

MAY IS OLDER AMERICAN’S MONTH

As older adults, you play a vital, positive role in our community – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way.



Join us every Tuesday morning @ 11 am
 in the TCC lobby for a special treat.

GREEN TUKWILA VOLUNTEER OPPORTUNITIES:

May 21st, 10:00-1:00 pm
 Restoration at Riverton Park, 2nd Wed, year-round.

May 11th, 11:30-1:30 pm
 June 8th, 11:30-1:30 pm
 July 13th, 11:30-1:30 pm



<http://www.tukwilawa.gov/GreenTukwila>

TUKWILA TRAILERS WOMEN'S HIKING GROUP

The Tukwila Trailers hiking group is happy to announce that we will be able to provide transportation again for our hikes with a limited number of participants. This group meets Mondays at TCC rain or shine and departs at 8:45am. Please call 206-768-2822 to register.

Mondays 8:45am Price: \$8

May 2 - Bridle Trails State Park
 May 16 - Banner Forest – Port Orchard
 June 13 – Rattlesnake Ridge West
 June 20 – Buck Creek

OPEN PLAY PICKELBALL

Tuesdays 1:30 - 3:30pm
Thursdays: 9:30 - 11:30am
Players can drop in to play pickleball, make new friends, and have some fun.



OPEN PLAY VOLLEYBALL

Mon & Wed- 9:30am - 11:30am
Back by popular demand! Players can drop in to play volleyball, practice skills, and exercise.

DROP IN FITNESS & WELLNESS CLASSES

FUNCTIONAL STRENGTH TRAINING

Instructor: Jocelyn Shelby,
Wednesdays: 8:00 – 9:00am

Learn how to move your muscles to improve posture, balance, core strength, coordination, and range of motion. This class aims to increase energy and strength to perform daily activities with minimal pain and injury. Participants can expect standing and floor exercises.



SILVER SNEAKERS

Instructor: Suzanne Simmons,
Tuesdays: 10:00 – 11:00am
Thursdays: 8:00 - 9:00am
Designed to increase muscle strength, range of movement, and improve activities for daily living. Low impact training suitable for all fitness levels, a chair may be used for seated exercises and standing support. Class can be modified depending on fitness levels.

ZUMBA GOLD

Thursdays 10:45 – 11:45AM
Join Colleen for this fun, low impact cardio dance that will benefit your cardiovascular health, balance, coordination, stress management and cognitive function. Class will include motivational music, a safe warm-up, cardio movement, cool down and stretching.



Registration

Advanced registration is required for most activities. Many Programs are FREE to Tukwila residents as we recover from the Covid-19 Pandemic. Funding is provided through the King County Veterans, Senior & Human Services Levy. Register by visiting: www.tukwilawa.gov/signup or 206-768-2822

TAI CHI FOR ARTHRITIS AND FALL PREVENTION

Instructor: David Kiesel Wednesdays: 10am
Certified Instructor of Tai Chi for Arthritis and Fall Prevention Improve your balance, strength, coordination and breathing with a series of gentle, graceful movements linked together in a continuous, smooth-flowing sequence. Sessions are focused on learning movements and increasing overall health.



BEGINNING LINE DANCING

Tuesdays 11:15am-12pm
Line dancing is a great form of low impact exercise where participants will learn repeated dance steps that follow a pattern to fun music. Line Dancing will increase balance and flexibility as well as improve strength, muscle function, and cardiovascular heart health.

TRIPS/TOURS/EVENTS

MOTHER'S DAY BUNCO PARTY
WEDNESDAY, MAY 4
10:0AM-2PM FREE



Today we honor our Mother's, stepmother's, and significant women in our lives. Come enjoy lunch, laughter and prizes (father's welcome)

TULALIP CASINO
Wednesday, May 11
8:30am-4:30pm \$10

Today we travel North to Marysville, where Fun is the name of the game. Lunch will be on your own.

UNITED STATES NAVAL UNDERSEA MUSEUM/KEYPORT, WA
Wednesday, May 18
8:30am – 4:00pm \$10

Today we travel west over the Narrows Bridge and visit the Undersea Museum with a Ferry ride home.

Lunch will be on your own in Poulsbo

BEGINNING WATERCOLOR
Instructor: Marianne Perkins
Fridays, 11:00am-1:00pm

This class is strictly designed for the beginner painter that wants to learn watercolor. We will begin from step one at an easy pace to make sure everyone is feeling confident with their true artistic self. Come laugh, learn and enjoy the experience.

These classes are 1 month. Next session will resume in September.

ISSAQUAH VILLAGE THEATER
MAMMA MIA THE MUSICAL
THURSDAY, JUNE 16
10:30AM - 4:00PM \$40

Millions of people from all over the world have fallen in love with the characters, the captivating story and ABBA's timeless music which makes Mamma Mia! The ultimate feel good show.

Must show proof of vaccination @event

Hamilton – Paramount
Thursday, August 4th
\$100 (space is limited)



HAMILTION is the story of American then, told by America now. Featuring a score that blends hop-hop, jazz, R&B, and Broadway. Hamilton has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre a musical that has had a profound impact on culture, politics, and education.

Must show proof of vaccination @event

SENIOR PAINTING CLASS
Thursdays, 10:00am-noon

Join Marianne Perkins to refine painting skills and learn new techniques. Marianne positively challenges her students in a supportive atmosphere intended to inspire. This class is for non-beginners who have taken a class with Marianne in the past.

